

# YOUR MOST IMPORTANT TOOL IS UNDER YOUR HAT

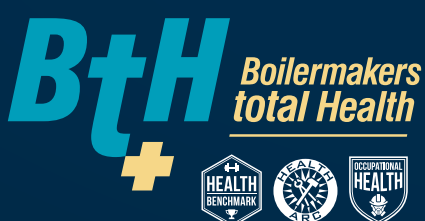


IT'S OK NOT TO BE OK. FROM DEPRESSION TO PTSD, YOU CAN GET HELP WITH YOUR OVERALL MENTAL HEALTH.

Call **866-990-1113** today

The Boilermakers have a Member Assistance Program which offers professional counseling and consulting services to members and their families. Getting support is easier than ever. Call **866-990-1113**, or visit [boilermakersmentalhealth.ca](http://boilermakersmentalhealth.ca)

REMEMBER OUR BOILERMAKERS' UNION IS ONLY AS HEALTHY AS ITS MEMBERS.



**MAINTAIN YOUR BRAIN!**

